

# KEWANEE HORRIZONS



## TABLE OF CONTENTS

### CONTENTS COLOR KEY

BLACK=KEWANEE CONTRIBUTORS  
BLUE=OTHER FACILITY CONTRIBUTORS  
WHITE=FREE WORLD CONTRIBUTORS

- |  |                                    |                                |
|--|------------------------------------|--------------------------------|
| 1) COVER                                   | 17)PEER LED SHOWCASE               | 34)BRAIN FACTS                 |
| 2) TABLE OF CONTENTS                       | 18)SPOKEN WORD GROUP               | 35)BRAIN FACTS                 |
| 3) MISSION STATEMENT                       | 19)SPOKEN WORD GROUP               | 36)Start with Why              |
| 4) RESTORATIVE JUSTICE                     | 20)SPOKEN WORD GROUP               | 37)HALLOW-MEME                 |
| 5) DEFY VENTURES GRADUATES                 | 21)SPOKEN WORD PIECE               | 38)HALLOW-MEME                 |
| 6) LOGAN GRADUATES                         | 22)BOOK CLUB 2.0                   | 39)MEME                        |
| 7) LOGAN GRADUATES                         | 23)BOOK CLUB 2.0                   | 40)CARTOON                     |
| 8) LOGAN GRADUATES                         | 24)INTRO TO REAL ESTATE            | 41) 7 Habits to not be average |
| 9) THE RIPPLE EFFECT                       | 25)INTRO TO REAL ESTATE            | 42)BRAIN TEASERS               |
| 10)THE RIPPLE EFFECT                       | 26)FOUNDATION FOR LIFE             | 43)HORROR-SCOPES!              |
| 11)THE RIPPLE EFFECT                       | 27)FOUNDATION FOR LIFE             | 44)HORROR SCOPES!              |
| 12)FREEDOM HOUSE DOMESTIC VIOLENCE SHELTER | 28)THE MARKET CORNER               | 45)HORROR-SCOPES!              |
| 13)FREEDOM HOUSE                           | 29)THE MARKET CORNER               | 46)STATEWIDE CALLOUT           |
| 14)A PERSONAL STORY                        | 30)RESENTENCING TASK FORCE HEARING | 47)STATEWIDE CALLOUT           |
| 15)A PERSONAL STORY                        | 31)RTF HEARING                     | 48)MAILING US SUBMISSIONS      |
| 16)A PERSONAL STORY                        | 32)RTF HEARING                     | 49)SOCIAL MEDIA PAGE           |
|  | 33)DEEP DIVE EXERCISE              |                                |

## MISSION STATEMENT

**Kewanee Horizons** has adopted the Restorative Justice and community theme. Partly because this has been the fight of our lives, those of us who have sought, not only freedom in its many forms, but, also a way to give back, rebuild, and uplift our communities.

**We give back because of what we have been given. We rebuild, by restoring back to a state of before our offenses.**

**We uplift, by a conscious and consistent effort to better ourselves as well as those around us.**

Kewanee Horizons will work to highlight the achievements of our community both on campus and off, inside facilities and outside. Whether individually or collectively and no matter the uniform we wear. We're going to look into the daily lives on our campus and across the state to other facilities on a regular basis. We are hoping to open the eyes to the limitless potential there is in our population, to advocate for more participation in programming, and to give recognition to those who succeed. We want to remain as interactive as possible so **Kewanee Horizons** will be picking your brains for ideas and accepting submissions to make this as interactive as possible. This publication is put together for the purpose of uplifting mind, body and spirit.

## RESTORATIVE JUSTICE

*KEWANEE LSRC* has agreed to allow us, consistent with COVID protocols, to engage in more Restorative Practices. In the Horizons newsletter you will see the terms

***RESTORATIVE JUSTICE*** and ***RESTORATIVE PRACTICES*** very often.

The aim of Restorative Practices is to develop community and to manage conflict and tensions by repairing harm and building relationships. Restorative Justice in general, is a process involving the primary stakeholders in determining how best to repair the harm done by an offense. The three primary stakeholders in Restorative Justice are: the victims, the offenders, and their communities of care; their needs are respectively: obtaining reparation, taking responsibility, and achieving reconciliation.

The Kewanee Horizons team believes creating a better community here is Restorative. By indirectly repairing damages and by giving back to our current community and with greater communities at large, we are engaging in Restorative Practices.

**Community: A group of people with a common characteristic**

**Or interest living together with in a larger society.**

Merriam-Webster's Collegiate Dictionary Eleventh Edition



# ELEVEN NEW GRADUATES AND COUNTING



# REFLECTIONS

## FROM THE LOGAN DEFY GRADUATES

*By: Kira Kyle, Defy Ventures Illinois Prison Program Manager*

On August 30, Defy Ventures Illinois welcomed 11 new EIT Alumni: the first eleven women to graduate from Defy's CEO YNL at Logan Correctional Center in Lincoln. These ladies pitched great business ideas and walked down the aisle in their royal blue caps and gowns to receive certificates from Defy and Ducker's School of Business Management. It was an amazing day filled with the transformational experiences that always accompany events like this. Defy hopes to add five more Alumni at Logan this October, EITs who were in quarantine have the opportunity to pitch and graduate.

As an EIT, you face many challenges throughout Defy's program, but the greatest may be believing you can stand up before a group of peers and business people and confidently explain your own business concept. Defy's graduation days are a triumph of belief in self and the boundless possibilities that exist for you as a person and a graduate of this program.

Upon graduation, many EITs ask, how can we continue to stay connected with Defy even while we are still incarcerated? Together, we can build the solution to this need. It starts by continuing to read and learn all you can about the ways you can build a successful and meaningful life and business (as an entrepreneur or an intrapreneur). The next step is



to share what you are learning with other EIT Alumni so we can create a community of on-going expertise and learning.

To share what you are learning, write about it and mail what you write to Defy Ventures Illinois, 111 W Jackson St, Suite 1700, Chicago, IL 60604. Include as much information as possible about your sources and the next step you plan to take to continue growing and meet your goals. Defy will share what you are learning with the alumni through the Defy Illinois Alumni Facebook page and some submissions may be included in future Defy newsletters. Let's keep working together to build this community pre and post-release.

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Today I am a graduate from DEFY's ventures business program. Offered here at Logan C.C. what I learned from this program is how to become a successful entrepreneur. I will be opening a cleaning service and I will continue to work with DEFY staff to help me with my success. I would like to give all my classmates a shout-out for their hard work and great ideas. I also would like to give incoming (EIT's) some advice, if the program is offered to you, do it because it's worth it.

***-Miss Lockett***

I would like to thank everyone who has made DEFY possible here at Logan Correctional Center. I am so grateful to be a part of the DEFY family. DEFY has shown me that there are still good people who want the best for us and I am so excited for my new future. To my classmates, I am so glad that I met each one of you and I am looking forward to being your customer. Its been a long road but we all made it.

***-Malisa Watson***

I would like to thank DEFY ventures and their volunteers for the mentoring and helping me find my purpose of my new life. The opportunity to ascend in and out of these prison walls, also what I learned, I'm going to pass it to my children so we all can be resilient and ascend in life. Again, thank you DEFY ventures YNL.

*-Juanita Webster*

For several years it seemed as if many pieces of my life have been scattered about in no particular order. Still I chose to manage to the best of my ability, even as more odd pieces are thrown into the equation.

Back in November 21' I started DEFY's entrepreneurial training program (CEO of My New Life) under the impression that I had a sound plan. Thankfully, I decided to take a humble approach. Many of the wise have insisted that the key to staying young is to "never stop learning" I don't believe there is anything wrong or insulting about refreshing the memory, so I even embrace the personal development phase of DEFY's program.

With what initially started out as a lot of reading, journaling, and talking about self evolved into a resume, list of passions and ideas, a personal statement, a leadership statement, business concepts summary, and a vocal business pitch. What I came to truly appreciate about defy is that no one is telling me who to be or how to think. Its primarily constructive criticism and guidance that helps to put our ideas in arms reach. I applied for and followed through with DEFY's program and I feel blessed!

Defy helped me to make sense of the pieces of my life that have been scattered about, I have been able to take hold of those pieces and form a picture that displays my past, present, and future as unapologetically beautiful.

*-Jonas*



# SHOUT-OUT TO ILLINOIS RIVER RE-ENTRY TEAM



# THE RIPPLE EFFECT

These men have been given a unique opportunity to create and build workshops specific to the reentry room. They have allowed themselves to be teachable as they personally undergo extensive training and equipping. This specific training has allowed them to teach in a way that will absolutely change the lives of those in the classroom along with anyone who is in contact with them. They have been given information, understanding and permission to make healthy changes that will last a lifetime and because they have taken that information and apply it daily for themselves, they can teach it. “You may teach what you KNOW but you reproduce what you ARE”. These men are a great example of The “Ripple”.

I personally know Antony Bell and Shaun Fogle, as I was in Menard with both. Mr. Bell was also a Peer Educator/Clinical Services Aide with me. Both of these brothers has been active in giving back to the community, check out the donation and food drive at Menard C.C. in 2015 and 2016. So this isn't something they just started doing, only a continuation of this good work. It's always great to see CONSISTENCY. What the entire group is doing is Restorative. They are giving back not only to their immediate community but to the greater community. The central purpose of rehabilitation is to make no more victims. These brothers are doing what they can towards that aim. It's also worth noting that when we have the community working together for the betterment of us, the impact is great and immediate. Thanks Counselor Rivera and AWO Tracy Bordner.

# THE RIPPLE EFFECT

*Submitted by: Counselor Rivera @ Illinois River C.C.*

If you throw a stone into the swirling whitecaps of the Ocean, it is unlikely that you will be able to discern its impact. The circular ripples will inevitably be carried away with the crest of another passing wave.

Living alongside over 1,800 fellow inmates here at Illinois River, it can be easy to feel as if you have little to no effect on the people around you. Surrounded by a vast multi-culture of people, it is often difficult to distinguish the impact of our individual actions from that of those around us. At times, this can lead us to feel irrelevant or disconnected from fellow individuals in our population.

Between our beliefs system and our undeveloped minds, there is no denying that, as an incarcerated individual, we are especially vulnerable to the influences we have on one another, constantly absorbing the energy and emotions which surround us. Our every action, word, or gesture is a stone that inevitably makes ripples, even if its impact is not evident upon first glance.

Each time you toss a stone, you will experience the “ripple effect,” you don’t always see who or what is touched by the waves; but the ripples go forth anyway. Our job is not to question whether our words and works have a certain impact because ultimately, it is not about who you are, it is about what you do. Your actions cause ripple effects in the lives of those around you and perhaps one day those ripples will travel into the next generation and beyond. I challenge you to continue to cast yourselves upon the water and continue to be the “ripple” that puts into motion those waves.



## FREEDOM HOUSE

### DOMESTIC VIOLENCE AWARENESS

Freedom House counseling staff and clients love the new dollhouse! The dollhouse will be used by our counseling staff for children to express their emotions. We are so grateful to receive this beautiful dollhouse with all the handmade furnishings.



Freedom House was established in 1983 and is a domestic and sexual violence agency that serves men, women, and children who are or have been victims of domestic and/or sexual abuse. We offer counseling, legal advocacy, educational programs, 24-hour medical advocacy, and a 24-hour crisis hotline. We provide emergency shelter for victims of domestic and sexual violence. Our shelter has 28 beds, and we provide shelter to 100+ clients per year. Our staff is trained to provide professional training for clergy, law enforcement, medical personnel, employers, and teachers.

All our services are confidential and free-of-charge.



Having the opportunity to be able to contribute to something that represents healing, is beyond a blessing for us. A lot of time went into creating this beautiful doll-house, and if given the chance to continue to do things like this, we wouldn't hesitate. Throughout the process of building this doll-house, it was therapeutic for us, and has left us with inspiration to do many more projects. We are at our strongest when we come together as a community, and that doesn't only apply for us here in Kewanee, but also for (US) as a society, as a whole. With continued support, kindness, compassion, and the willingness to help heal one another, the possibilities in life are endless.

-The Artroom-

## A Personal Example of The Effects of Domestic Violence

***By: Jesse Myers***

Did you know that on average 20 people per minute are abused by an intimate partner in the U.S. In one year this equates to 10 million women and men. Very troubling right? More troubling is 1 in 15 children are exposed to intimate partner violence each year, 90% of these children are eye witness to this violence. The effects of domestic violence in our homes are numerous. Such as the direct link between intimate partner violence, emotional, physical and sexual abuse. And children who are eye witness to these and risk of health problems as adults. These children are at higher risk of mental health issues such as anxiety, PTSD, and low or poor self-esteem. And health issues such as diabetes, obesity, heart disease and more. To help support statistics I would like to share some of my life and experience with Domestic Violence.

My name is Jesse Myers, I am 39 years old and currently on my 9<sup>th</sup> year of my 15 year sentence for Aggravated Domestic Battery/Strangulation. Yes, it was a horrible act and yes, I was man in need of being removed from society. How did I get to this point in my life? I was raised by my single mother with three wonderful sisters. I never met my father my mother often recounted the story of his abusive nature and his departure to us at a young age. When I was four years old and as often would happen to her she would become victim of his insults and a barrage of punches. As usual she was in fear of her life. Yet on this day she fought back. She'll tell you she is not sure what it was, bravery, instinct, fear, thoughts of her children or just the sheer will to survive. As the thoughts



of living or dying went through her mind she reached for an object, grasped a hold of a cast iron skillet and willed her arm forward. Connecting with his face she broke his nose. In a cowardly fashion he packed his things, took what money we had, and left. I used to think of his leaving as a Houdini act, but the fact is, although he left and never returned, he forever remained in our household.

I watched my mom as she feared relationships, barely trusting men with herself or us. She barely dated and broke down a lot after becoming anxious or nervous. If she heard our dad was in town, if she saw him or thought she saw him, she would rush us home and make us hide. She feared he was coming after her or coming to take us. Writing this hurts as I think of lying next to her as tears soaked her pillow, not knowing what to do or how to help her. Growing into a teenager I watched older men (either family or family friends) as they took drugs, drank alcohol, and acted irresponsibly. They generally degraded their wives, abusing them both verbally and physically, stripping them of dignity, courage, and their right to human freedoms they deserved. Studies show, boys who see abuse are 10 times more likely to abuse their female partners as adults.

I became sexually active at the age of 12. As time went on I never forgot what my mother and these other women went through but I was dull to the fact that how I treated women was in the exact manner these men did. At first I ridiculed and abused verbally, imitating what I had seen. Then on June 3<sup>rd</sup> 2001 I became a father. I told my girl as I held her for the first time "I will never leave you" and "I will never leave you like my dad." The facts I was an 18 year old boy who never learned to be a man. All of my relationship and fathering skills I had learned from those older irresponsible abusive men. What soon happened to me was "I became my father's son." I walked a direct path into his footsteps. My daughter's mother and I argued and it would end with a verbal assault. Physical violence almost always followed these arguments. I use to make excuses for myself, "she hit

me first”, “she provoked me”, “she took it too far”. I always pushed the blame on her, but the fact is I was supposed to be a man yet I was acting as a maniac.

When our relationship ended, like my cowardly father, I attempted to run away and smother my demons. Bad relationships, drug use, alcoholism, then prison followed. I moved right back into another relationship I was not equipped for. Then on September 13<sup>th</sup> 2013 after arguing and becoming physical I stepped over the line between man and monster. She then did what so many women fear to do, she reached out for help. How bad would my actions have been if I were not in prison, I am not sure, but I don't believe they would have magically improved. I hate to think the hurt caused to my mother had been inflicted on other women by me. My actions not only hurt these women, but crushed my mother, I'm sure, and further more left my daughter standing in the same place as myself so many years ago.

When asked if I had experience with the effects of Domestic Violence, my answer was that I am a direct result of the cycle of Domestic Violence. I'm not blaming outside circumstances or other's actions for my own, I made my own choices. But this issue affects so many people in various ways. Please, I beg of you, if you notice yourself coping through violence, get help. If you are a victim of Domestic Violence don't think it is your fault or you make excuses for your partner, I urge you to get help. Do not wait until you are on the brink of death, because the truth is, in a violent relationship, lives are always at risk. If you or someone you know are victims of Domestic Violence or if you yourself feel the urge to be violent call the National Domestic Violence Hotline:

**1-800-799-SAFE(7233)**

## PEER LED SHOWCASE

The Kewanee campus along with **Kewanee Horizons** wants to shine a light on the individuals that have taken it upon themselves and volunteered, not only to lead these classes, but to build the curriculum and advocate for the creation of many of the programs themselves. These men have dedicated themselves to bringing our community some amazing avenues for self-improvement. They have not only taken it upon themselves to invest the time and effort in improving their own prospects for the future, but an equal (sometimes more so) amount of time in affecting change in the future of the rest of the men who live here on campus. They serve as an example to all of us that with: effort, dedication, hard work and a generosity of spirit, great things can and do happen for us here on campus. Our hats go off to you. We hope to include more Peer Educators from other facilities throughout the state in future editions of the **HORIZONS**.

Mr. Halik Williams and Mr. Vincent Davis from **Danville C.C** currently lead a class called W.R.A.P.





# SPOKEN WORD

**SPOKEN WORD-** A formulation of words that the soul speak through to convey a story that expresses one's thoughts of inspiration with an artistic sound.

We here at Kewanee have structured a **Spoken Word Group** consisting of 13 men, and would like to share with you a perspective from our experiences thus far, which we hope **inspires** others to mimic.

When someone asked us to create this group, we quoted our boy and said '**Hell Yeah**'. I challenge you to do the same where you are.

Initially when you hear of a Spoken Word Group, you may envision a group of guys spitting original poetry/spoken word, as well as teaching others how to become better at this creative craft. However, although we do recite original material, this is not a class where we're necessarily teaching anything, because there is no critiquing of one's own individual creative expression. More so, this is a group of men learning from one another through the commonality of writing to become a **Brotherhood**.

The environment was established within our first group through an acronym we created, and the platform was set for us to be: **S**upportive, **P**ositive,

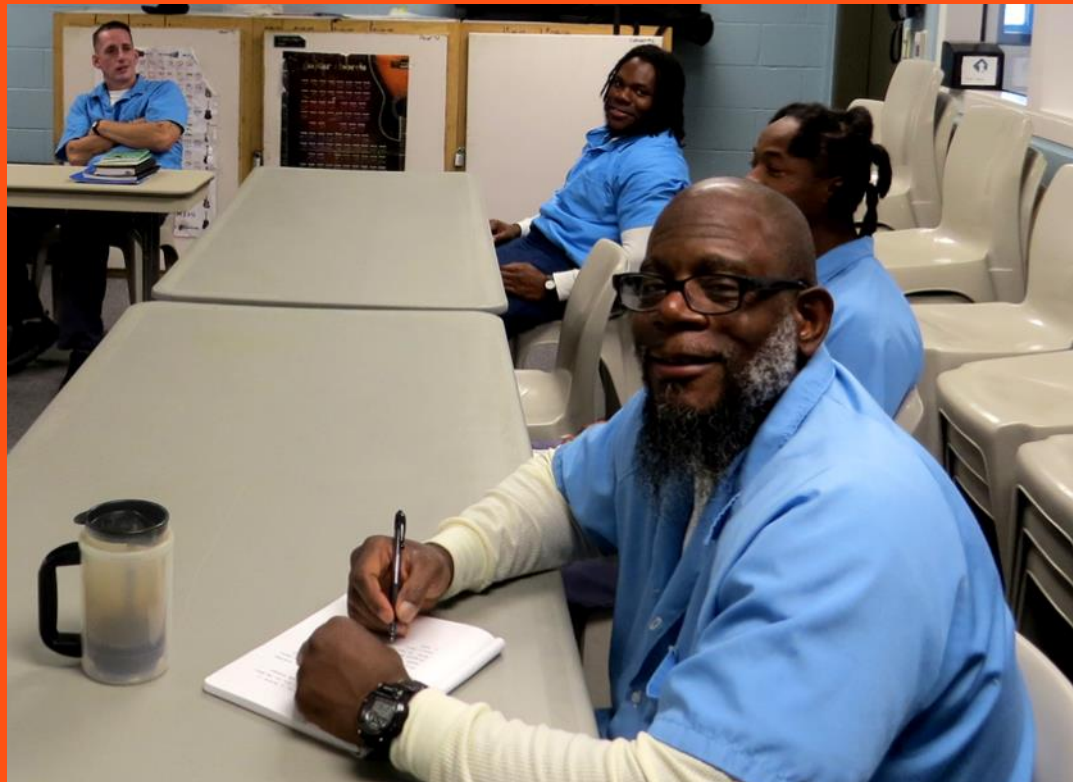


Open, Knowledgeable, Encouraging, Non-judgmental, Wise, Original, Respectful, and Dedicated towards sharing our raw emotions. We were taught as men that expressing our emotions and being vulnerable was weak, or a sign of weakness, especially when doing so with other men. When in actuality, expressing our emotions releases the stress that consumes our energy, keeping it from being at full Strength. Think about it: when you decide to put your thoughts on paper, you are already being **vulnerable**. It's just, you made the choice to be vulnerable with yourself... Now imagine doing that with fellow men who are



supportive, encouraging, and not judging you because they share those same thoughts and experiences.

Writing is therapy for us in itself, and as we openly shared with other men, received positive feedback and constructive perspectives through dissecting the lines within our material, we, as men and as a group realized we're not **alone** and the environment became even more therapeutic as we enhanced our conversations. Being able to comfortably and outwardly talk about our most inner thoughts, debunking that **fear** of being







judged if we do, and breaking down that wall of stigma as weak men vs just being human, was **Powerful**. Before our eyes, as once strangers, we collectively started **Understanding** who we were as individual men. We developed a camaraderie of **Trust** as we revealed through our conversations of **Trauma** that we had more in common than just writing. Through this transformative and **Restorative Practice** we have become a **Brotherhood**.



Walking out of group every Wednesday, we realize how much this place we treat as our safe haven is needed. Not just for our mental fortitude but for the improvement of our communication skills – because when we walk out of prison, in order for our loved ones to understand the men we have truly grown to be after all these years, we have to be **comfortable** with being **vulnerable**.

**Written by: Shared Experiences**



# A LETTER TO THE Streets

*A Spoken Word By: Jovan Smith*

Dear Streets,

From the very beginning we've established a love/hate relationship. Through you I've not only met, but also had the opportunity to make bonds with a lot of good men. In that same token, I done seen a lot of these same good men fall victims to gun violence, drug addictions, the chase of the "almighty" dollar, and even in some cases, just being in the wrong place at the wrong time! In the trenches, where I'm from; it's very far and in between do I get to see good men become doctors, pharmacists, or any where near wealthy. Not to mention all the others we've lost to the system! I know that I vowed to always have love and loyalty to the place I was raised, like I know a million others have but placing that shoe on the other foot, does the same vow apply to me? When I'm in a cell facing 25 years at 85 percent or when I'm in the graveyard buried under 6 feet of dirt, can I count on you to be there for my mother and children?

Well I know it's getting **late** and you must have a lot on your **plate** like Hellcat's and Trackhawk's or Switches and **Dracs**, so I'm a end this letter now by saying **thanks. Thanks** for helping me pay attention cause now I'm seeing **straight**... my past don't predict my future and it's never too **late!!**

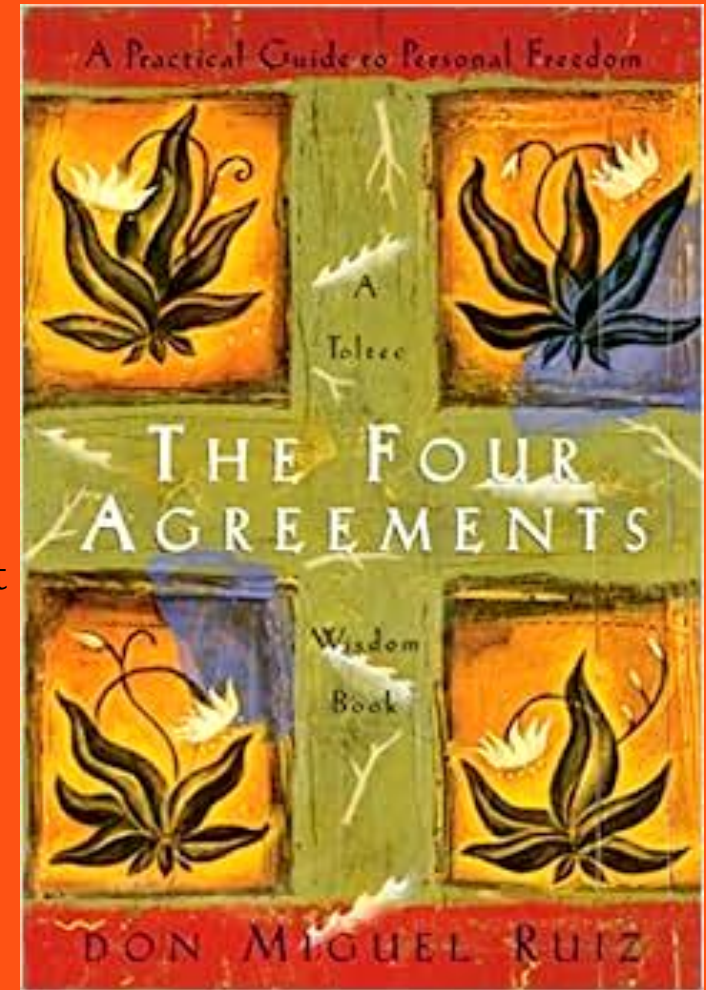
Sincerely yours,

Jovy Da **Great**

## book club 2.0

Here at Kewanee LSRC we are fortunate to be able to participate in a book club. You might have read the article about that in a previous volume of K.H. That was what we referred to as book club 1.0 because for many of our participants this was our first experience in being in a book club. The experience was so positive and uplifting that everybody was completely ready to stay involved for a second book.

Our first book was “Man’s Search for Meaning” by Viktor Frankl. There were some very relatable lessons and stories for everyone in our group with that book. Our current book is “The Four Agreements” by Don Miguel Ruíz. Our group is currently mid-book, we have just finished reading and discussing the 2nd Agreement. Next week we will discuss the 3rd agreement. Our structure for this second book was very similar to how we went about building around the first book. We agree on a specific amount of the book to read and the next week we have an open discussion about how we interpreted what we took in. It’s easy to break the book up into manageable sections, we decided to cover one agreement per session. We meet for about an hour, once per week, in the library.





# book club 2.0

So far this particular book is turning out to be a perfect fit for a book club in this setting. Participants have been praising the book each week and talking about what a joy it has been to read and even how hard it is not to read ahead. The book is relatively short and easy to read but it is packed full of knowledge, lessons, and wisdom. The book "The Four Agreements" is an extremely well known, world renowned book based on "Toltec Wisdom" which is an ancient school of thought from the Mayans in Mexico. The teachings are still very much relevant today and its lessons, when applied to everyday life, can be life changing. Even those of us in the group that are well versed in "self-help" books were surprised at how profound and helpful the lessons in the book were.

If you are thinking about starting your own book club then I would highly recommend this title as a first book. It's guaranteed to start deep conversations and you won't have any trouble keeping it fun and interesting.

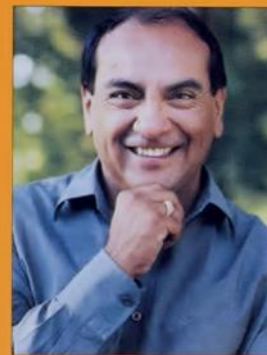
Personal Growth / Self-Help

OVER A DECADE ON *THE NEW YORK TIMES* BESTSELLER LIST!

In *THE FOUR AGREEMENTS*, don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

"Don Miguel Ruiz's book is a roadmap to enlightenment and freedom."  
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— Dan Millman, Author, *Way of the Peaceful Warrior*

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TheFourAgreements.com





## INTRO TO REAL ESTATE:

Welcome to the world of Real Estate! There are several ways to earn a generous income in the real estate industry and I'd like to share some of my knowledge. I was blessed with 25 years of getting to help people buy, sell, invest, flip (purchase, usually improve and sell for a profit) and rent property in the suburbs of Chicago. I worked with one of the world's largest real estate firms, incorporated my business for tax advantages and created an LLC for additional protection. However, the easiest, least expensive way to get started in the real estate industry is to obtain a broker's license from the state you will reside in and work for a sponsoring, managing broker.

By choosing this path you will gain a solid base of knowledge by which your state expects you to conduct your business. You can also find work with many companies that will continue the education needed to put your newly found knowledge and license to practical, money making use.

As a broker in Illinois I was employed by a managing brokerage firm, then I learned how to practice helping people buy, sell and lease property. Just like when one graduates from law school, is hired by a practicing law firm and is then taught by that law firm how to conduct themselves in a court of law.

Most major real estate firms have excellent training programs to begin a money making career in real estate.



The two most common roles a real estate broker takes on is **listing agent** and/or **buyer agent** (buyer broker): A **listing agent** is hired by the owner of a home to market (promote) and organize the sale of a property. The listing company is paid a brokerage fee by the owner (seller). This fee ranges from a flat fee to the percentage of a selling price, usually 3-6%. A **buyer broker** helps home buyers determine their buying needs, locate property, show property and purchase property. For this, the agent is paid a flat fee or percentage of the sale price. Generally, in the market place I was active in, the fee range of 2%-3.5%.

I preferred being a listing agent (seller's agent) because I could work with 20 listings versus 7 or 8 buyers at one time, for example. As a listing agent, I can negotiate with the owner of the property (seller), the total commission which must also include the compensation I offer to broker's working with potential buyers for this listing. What we do as listing agents is offer a cooperation compensation for bringing us a ready, willing, and able buyer for the listing. I would charge the seller 6% of the sale price upon the successful sale and closing of the property.

As a buyer agent, you can sell homes in the MLS (multiple listing service) within the listing, all the information about the home for sale and listing broker information. This includes cooperating compensation. You can also receive the entire commission for yourself if you list a home/property and a buyer you represent buys it, which is called "Dual Agency". You must receive written permission from both parties you represent (seller & buyer) to work as a dual agent in the State of Illinois.





# FOUNDATIONS FOR LIFE

*By: Ronnie Carrasquillo*

On September 28, 2022, Cliff and Sue Parish, on behalf of “Freedom From Within,” a transformational rhythms program, came to the Kewanee Life Skills Re-entry Center to offer their primary course called “Foundations For Life.” Through the concern and grace of Chaplain York; the Kewanee Life Skills Re-entry center population are afforded the availability to learn about self leadership that forms the foundation for everything we do in our lives.

The belief is if we want those closes to us to have a solid foundation for life, we need to be willing and able to model what that looks like. This program aligns with the restorative justice concept to give the educational tool that we can do better for our families and communities through rebuilding character by learning new skills.





Two of Cliff's staple phrases are: You have to want to be there and you will get hired for your skills but fired for your character. We are role models for whatever self-leadership foundation we have, whether we intentionally choose to be or not.

The program will start in mid October. Thank you to the more than 50 people who signed up to learn what it means to unleash the one-of-a-kind, authentic masterpiece that you are.



# the market corner

*By: Robert Kennedy*



I'd like to start off by saying it's good to be back discussing the stock market with you again. I've been dealing with some health issues the past few weeks, but I'm fighting through it, trying my best to get to the other side of it. Now it's time to get back to the Market Corner!

At the time of this writing the stock market has been trading in "bear market" territory. A bear market is usually brought on by the anticipation of declining economic activity and rising interest rates. The federal open market committee, (FOMC) sets interest rates and credit policies for the Federal Reserve System, commonly known as "The Fed". The FOMC has 12 members and this committee decides whether to increase or decrease interest rates and are closely watched and interpreted by economics and stock market analysts who try to predict whether "The Fed" is seeking to tighten credit to stimulate the economy. Inflation is at a 40 year high, so "The Fed" has been raising rates, (after almost a decade of near zero rates) to try and slow down consumer demand to match supply without causing a recession. A recession, defined by many economics, is the downturn in economic activity of at least 2 consecutive quarters of decline in a country's gross domestic product. Many economists say we already fit this criteria. As you know, our supply chains have been affected signifi-



cantly by many factors, including but not limited to, ongoing covid-19 lockdowns in China, the Russian invasion of Ukraine, the rise in energy prices and the strengthening of the US dollar.

Company's stock prices are being revalued due to these factors as liquidity is leaving the market as well as negative views on upcoming quarterly earnings reports. The stock market is a forward looking mechanism. If there is a recession, or if we are already in one, the economy slows down, the consumer doesn't spend as much, and businesses are affected, therefore stock prices decrease in value. So, what does all this mean? In my opinion these are when buying opportunities are created and where wealth is obtained. Stocks don't just always go up. Bear markets occur and are simply a normal part of the market correcting itself. Stocks get overbought in bull markets and are oversold in bear markets.

Sometimes, "the baby gets thrown out with the bath water." In other words, people are selling stocks for many unknown reasons and for some really good companies, this could be your opportunity to get in at a really incredibly low price. It's difficult to determine when the market hits it's bottom. Just realize when the time finally arrives, it occasionally bounces very strongly. If you are patient, disciplined and consistent in your long term investments, your dollar cost average will be very respectable. Remember you want to buy low and sell high. It's just harder to keep buying stock when the price is steadily dropping. It requires intestinal fortitude. There are plenty of ways to make profits using call and put options as well as buying good dividend paying stocks that literally pay you while you wait. The key is don't give up, stay invested in good companies. Eventually, the stock market will reward you handsomely for staying the course. Fortune favors the brave. I hope to catch you next time!

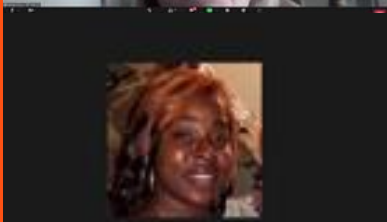
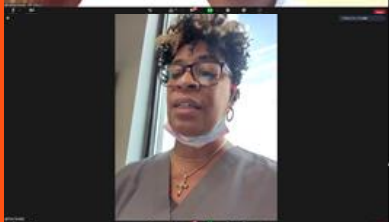
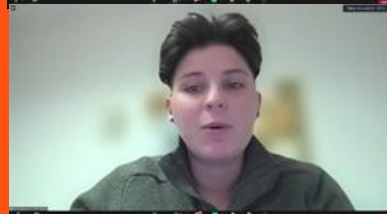
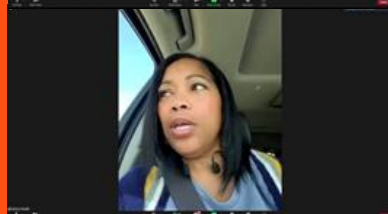
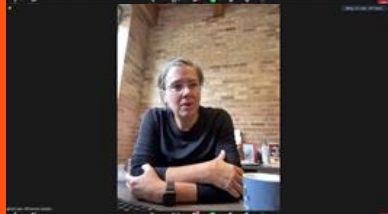


# **RESENTENCING TASK FORCE HEARING**

As mentioned in the previous volume of KH, the Re-sentencing Task Force held a public hearing on September 29<sup>th</sup>, 2022. We'd like to take a moment to talk about how that hearing unfolded and how important your (our fellow community members) contributions were to this hearing. The first thing you should be aware of is that the hearing was 2½ hours long and featured a wide range of expert and layperson testimony. Almost exclusively, the people who testified were completely in favor of people serving time being able to go before a judge and make their case as to why they should be resentenced to a shorter sentence. There was testimony from faith leaders who work with returned citizens, victims' rights groups, family members of the incarcerated, members of the legal community, and most amazingly, many people who actually are formerly incarcerated individuals! We are talking about some people who have been released as short as 3 months ago as well as people who have been out for some years now. Some even work in the Lt. Governor's Office.

There was also a special mention made about the amount of commentary via "snail mail" that was received from our community. Kathy Saltmarsh and State Representative Kelly Cassidy went out of their way to make time during their hearing to make note that there was an abundance of commentary that was generated from within the DOC.

# KEWANEE HORIZONS VOLUME 13 PAGE 31





That speaks to how important your voices were to the members of the RTF. After the hearing it was also noted that for many years, the incarcerated voices were the ones that were the most silenced voices in this type of conversation.

It was important that we were able to show the many ways we have endured incarceration and gone through such drastic changes in ourselves and in our lives. Members of our community who have made successful transitions to free society showed the innumerable ways that we have rehabilitated ourselves. They can serve as an example to all of us and also to those who may hold a less than favorable view of us. We can do better than our worst decisions and we do so on a regular basis. People need to see that, and to everyone who took the time to make that point to the RTF by writing to them, having their loved ones write or call or email, or in some way contributing to the hearing, we say thank you.

Although we may not see the much needed changes as fast as we would like to, we all took the necessary steps to begin the process. With any process in life, it takes time. What we all must continue to do is stay focused on the task ahead, which is the continued love and support that we all give one another, so that we can and will succeed. This is a regular theme we hit upon here in KH, the fact that, when given even a slight opportunity, our community will answer the call with enthusiasm and insight.

**Thank you again to everyone who participated in this hearing and for all that you do.**



## deep diving exercise

*Think back to a time when you did something or became involved in something that you now deeply regret. As you contemplate the event or series of events, perhaps you feel disgust, shame, even shock that you ever allowed yourself to veer so far off course. Try to reconstruct the thinking and logic (or lack of it) that allowed you, ultimately, to do what you did. What or who were the greatest influencing factors? What was the story you told yourself that opened the door for this to happen? By looking closely at your personal history in this way, you may gain valuable insight into the faulty dynamics of your storytelling, dynamics which, based on your history and if left unexamined, could have tragic consequences for your future.*

*- Jim Loehr (The Power of Story)*

Are you able to look back on your life and recognize the thought pattern you had at the time of your arrest? Can you see the error in thinking, or do your actions still make sense to you? Looking at your life like a story is helpful because it allows you to detach yourself from a situation, and view your actions as you would a character in a book or movie. It's also helpful because it gives you the opportunity to rewrite your "story" and plan a different future for yourself.



# braAinS facts

## **THE SCIENCE OF CREATIVITY**

Creativity - our ability to come up with new and useful ideas - is linked to 3 distinct brain networks: the default mode network, the salience network, and the central executive network. While these networks are linked, they are not typically active at the same time. However, fMRI studies of people asked to perform specific tasks show that people who can switch quickly between these networks at suitable moments have more creative responses to the task. The correlation is so strong, in fact, that a person's creativity can be predicted based on the strength of the connection between these networks.

## **THE CREATIVE BRAIN**

While genetics plays a role in creativity, other factors are also significant. Low levels of noradrenaline may support creativity as this neurotransmitter diverts inward-focused attention to external stimuli. While this might help our fight-or-flight response, creative ideas generally emerge from internal sources. Creativity may also require a strong knowledge base - composers, for example, tend to write their best work after decades of compositions.

## **THE BRAIN ON JAZZ**

In one study, jazz musicians were asked to play the piano while in an fMRI machine. Their brain activity was recorded as they switched from playing memorized music to improvised jazz. The results showed that brain areas responsible for the evaluation of our own actions and inhibition were less active during improvisation.



# braAinS facts

## DEFAULT MODE NETWORK

**Daydreaming** - When the mind wanders, the default mode network is active. This network includes brain regions involved with self-reflection, thinking of others, and considering the past or future - all things we think about when we daydream.

## SALIENCE NETWORK

**Switching** - The salience network detects sensory information to determine whether the central executive network should engage. For example, when hearing your name while daydreaming, the salience network triggers a switch.

## CENTRAL EXECUTIVE NETWORK

**Focusing** - The central executive network engages the conscious brain to think and maintain focus on a task. Studies have shown that the default mode network is reengaged within a fraction of a second of the task being completed.

## HOW TO BOOST YOUR CREATIVITY

To boost creativity, you must first remove barriers to it. Stress, time constraints, and lack of sleep or exercise are known creativity killers. People tend to be creative when they are rested, happy, and can let their thoughts wander freely. Ideas flow most freely when our brains are not in a task-orientated state but instead in a condition called the resting state.



## Concluding Start With Why

In past volumes we looked at the Diffusion of Innovation and the Golden Circle theories. Both of these give a theoretical reason to start with “why”. Let’s look at a practical example that we have all seen over the past 25 to 30 years. The cell phone market has drastically changed and continues to change with the advancement of technology but why have certain companies had more success.

Apple was not the first cell phone company, they have not always had the best technology but somehow they have become one of the top cell phone companies. The first mobile phone was made by Motorola in 1973. In the latest rating of top cell phones Motorola does not even have a phone list but 5 out of the 10 are made by Apple, all but 2 are made by Apple, Samsung, and Google. So what have these companies done that companies like Motorola have failed to do.

I would argue that it is not that they are the most innovative. Think back to Nextel offering the Push to Talk features and BlackBerry offering one of the first smart phones, these companies offered better technology and were offering first but were not able to make a connection with the greater customer base because they didn’t connect on a why level.

Companies like Apple, Google, and Samsung have spent time to connect on the “why” level with their customer base. Proof is the concept that people have a “cult” like following for the particular phone they use. You are an Apple person or an Android Person etc. I, personally, am an Apple person. But I’ve admired some of the technology Android users have for years now, but will not switch because I am an Apple person!



## By Warnsing

**\*Doors roll for yard\***  
**CC: NO running!**  
**mè**



**HALLOWMIE**

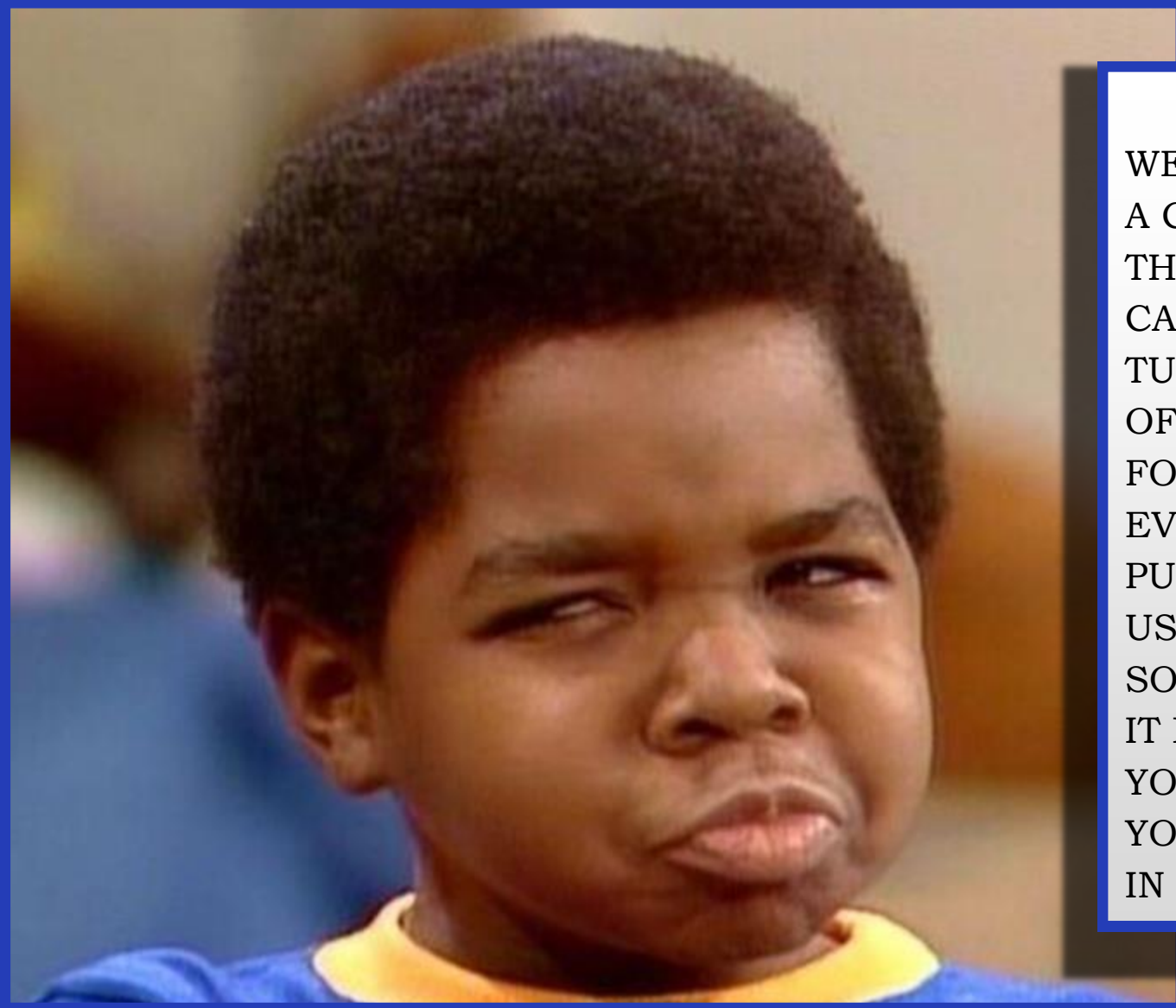


doing my makeup just to sit at home



HALLOWMIME





THINK YOU'RE FUNNY?  
WELL LET US SEE: SEND US  
A CAPTION FOR THIS MEME.  
THE FUNNIEST MEME WE  
CAN PUBLISH WILL BE FEA-  
TURED IN A FUTURE ISSUE  
OF K.H. WE GOTTA SAY,  
FOR THE RECORD, WHAT-  
EVER YOU SAY HAS TO BE  
PUBLISHABLE, WE CAN'T  
USE ANYTHING THAT  
SOUNDS TOO CRAZY EVEN  
IT IS HILARIOUS TO US. IF  
YOU "WIN" YOU CAN GET  
YOUR NAME AND PICTURE  
IN K.H.

**CAPTION THIS AND GET INTO HORIZONS**



#7

### Get enough sleep

Successful people generally get 7-8 hours of sleep a night to perform their best. You can't be above average if you're not well rested. Sleep is critical to brain function, creative thinking, and ultimately your success.


@basharjkatou

#1

### Read for 30 minutes a day

Highly successful people do a lot more reading than average people.

Successful people typically read biographies, history, and self help books, but powerful lessons can be found in fictional stories as well.


@basharjkatou


#4

### Choose your friends wisely



You are only as successful as those you spend your time with. So make sure you're surrounded by people who inspire and motivate you to achieve your goals. Make a point to limit time spent with negative, toxic people.


@basharjkatou


#2

### 15 - 30 minutes of focused thinking

It's important to make time to process everything that's going on in your life. Reflect on your career, health, and personal relationships to maintain a clear vision of what you want and how to get there.


@basharjkatou


#5

### Take action

Above average people don't sit around waiting for good things to come to them, they put themselves out there and search for opportunities to improve themselves and their careers. Focus on achieving short AND long term goals.


@basharjkatou

#3

### Exercise

Above average people make exercising a priority. Exercising reduces stress, keeps you motivated, creative, and helps you perform at optimal levels.


Bonus: if you wake up early and reach a peak state while everyone else is asleep.


@basharjkatou


#6

### Multiple income sources

Average people rely on one job as their only source of income. Above average people know it takes multiple streams of income to get ahead and live a fulfilling life. Create a side business that makes you money with little effort


@basharjkatou







# brain teasers

**1** HOW  
DO  
YOU SPELL  
CANDY IN 2  
LETTERS?

**2** THE PERSON WHO  
BUILT IT SOLD IT. THE  
PERSON WHO BOUGHT IT  
NEVER USED IT. THE PERSON  
WHO USED IT NEVER SAW IT.  
WHAT IS IT?

**3** I HAVE HUNDREDS OF EARS, BUT I CAN'T  
HEAR A THING. WHAT AM I?

# HORROR-SCOPES



**ARIES:** Hey, to your credit, you've got the Halloween spirit thing down. But please, no more blasting tunes at midnight (except Friday night — when it's Halloween, blast all the tunes you want!

**TRANSLATION:** Do not blast your radio, them people don't give a shit it's Halloween.



**TAURUS:** Something spooky is going on, Taurus, and it has your whole house stressed out. You're just the person to lessen everyone's fears by double-checking locks on doors, convincing your roommate that the ghost they saw was truly just a large bug.

**TRANSLATION:** Bro Bro, them dudes is hella scary yo.



**GEMINI:** Ready for the best Halloween prank the world has ever seen? Yup, the time is ripe for you to pull a spooky prank on your housemates on Halloween night. you can just throw on a sheet and yell "boo" as your roommate walks in the door.

**TRANSLATION:** Surprising the cat you live with seems like a bad idea?



**CANCER:** Don't do it, Cancer, don't do it. Don't watch the horror movie with your housemates; you'll end up jumping at every tiny noise or motion for the next three days. Your loss of sleep is not worth the minimal (very minimal) enjoyment you might get

**TRANSLATION:** Freddie Kruger is scary, even for tough guys, big dog, tell your celly you aint gonna watch it with him..



**VIRGO:** Stop watching Halloween movies and message that person you've been trying not to think about. You don't want your lack of a decision to come back to haunt you. And, come on, treats are fun, but tricks are really where it's at.

**TRANSLATION:** Messaging your ex...now that's scary!

**LIBRA:** Libra, there is a mystery you have to solve. You'll soon find something precious to you missing. Could one of your housemates have taken it? It's not in your nature just to let something like this go, and rightfully so, but interrogating your roommates may not do much good. I suppose there's a chance you just misplaced it, right?

**TRANSLATION:** You didn't misplace nothing, your celly ate it bro.. he still got the crumbs on his shirt!

**SCORPIO:** Hey, Scorpio, have you noticed anything ... spooky happening lately? You're not imagining it — the flickering light, the creepy laugh coming from somewhere down the hall, the squeaking of bats swooping around outside!

**TRANSLATION:** You ain't paranoid bro, you know you ain't trippin, THAT SHIT IS REAL, they do put your house on lockdown every time it is your turn to shop! On purpose.

**SAGITTARIUS:** Seriously, if you pull one more all-nighter, you're going to be too tired to enjoy Halloween at all! And, you know what they say: Midnight is when all the ghosts, ghouls and vampires come to get you, so I'd rethink your plan to start working on your essay at 2 a.m. No need for those bad vibes.

**TRANSLATION:** Ain't nothing' spooky about writing that article at 2 a.m.!







**AQUARIUS:** You should ask the spirits for help — have a séance, purchase a Ouija board. Halloween is the perfect time to really connect with the dead, but maybe consider bringing a friend or two along. The dead can be a little unruly, and you'll need all the support you can get.

**TRANSLATION:** Isn't your boy's nickname Ghost? That's scary asf...



**PISCES:** Pisces, let yourself have some fun. Your brain has been in the books, and you've been ignoring your creative, mystical side. What better time to bring it out than during Halloween? You know those spooky stories you used to love? See if you can scare your friends by retelling them.

**TRANSLATION:** You will be able to hook up a nacho and watch "It's the Great Pumpkin Charlie Brown" with your cellie, have fun yo, no cap.



**LEO:** Leo, you have been working so hard this week! Pat yourself on the back and reward yourself by eating an entire bag of Halloween candy. If you're still feeling the residual need to scream, Halloween is the perfect night for it.

**TRANSLATION:** Go ahead and treat yourself to a whole bag of peanut clusters....or 2...



**CAPRICORN:** Cap, now is the perfect time to use your passion and determination to get your housemates to dress up in the group costume you want this Halloween! You have so many exciting ideas, and everyone will love dressing as the characters in your favorite, very obscure — I mean, very well-known — book or show. No, seriously, foolproof costume. It's the thought that counts.

**TRANSLATION:** Nobody has heard of that goofy shit you watch on TV, stop talking about it to everyone.

# STATEWIDE CALLOUT

Greetings to you all once again. It is an honor and a very real privilege to all of us here at K.H. to be able to speak to you through this project. We promise that we have been working hard and we will continue to do so. **Horizons** is important to us and we hope you are enjoying it. We really need your help to continue to produce on a regular basis. We need your voices, we need your thoughts, we need your support. This is put together for the sole purpose of bringing our community together in the spirit of positivity. We firmly believe that we (ourselves and you) can make some amazing things happen. We believe that by highlighting the best things we do, we can change the narrative of who prisoners are in Illinois and everywhere. You need to be a part of this. Many of us are asking society to look past our worst decisions in life, not to ignore them but, to allow us to begin to make some positive changes in our lives, in our environment, and in ourselves. A friend of ours, a Lifer, once told us that the cynical mindset of “No. Nope. And That ain’t gonna work.” is the laziest thought process one can engage in. It takes work to put yourself out there and buy in to the possibility of positive change in all aspects of our lives. The same way it takes work to write an article or a piece for K.H. and get it sent to us here at KLSRC, but we need it and we appreciate it. We have some simple guidelines we’d ask you to try and utilize, not because we don’t appreciate whatever else you might try and put together

(we do), but because we have a specific vision for how we see K.H. interacting within our community and within the larger communities we are a part of. We see our mission as being one of Restorative Justice with an emphasis on building community. Therefore we'd ask that your submissions focus on those ideals, what is the community doing to affect you in positive ways and what are you doing to affect the community in positive ways? This could focus on groups you are in, classes you have taken, some outreach programs you are participating in or something you have seen others doing that you'd like to shout out in a big way. You can let us know how you'd like to be identified as the writer: credited or uncredited, with your picture (if possible?) or without, anonymously, by your facility, age, gender, or whatever is reasonable.

- How does the subject you are writing about impact your community?
- How have you been impacted by the subject you are writing about?
- How did it get started?

We are trying to keep the guidelines as open ended as possible while maintaining the integrity of what we feel K.H. should and can be.



## MAILING US SUBMISSIONS

The address for **Kewanee Horizons** is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

Here is a quick list of DO's and DO-NOT's:

- **DO** try to have someone official from your facility contact EFA Mr. Warnsing before you send anything through the mail, they may be able to e-mail it directly to him at:  
**doc.kewaneehorizons@illinois.gov**
- **DO** try to stick within the ideals we have tried to promote in your article, namely Community and Restorative Justice principles, i.e. how the subject of your piece is community related and affected, stay positive
- **DO NOT** expect to have whatever you send, however you send it, returned to you under any circumstances
- **DO NOT** write to any individuals in custody at **Kewanee Horizons** directly, or indirectly if you are in prison, incarcerated, locked up, doing a bit or anything in that direction
- **DO** write to or e-mail our liaison E.F.A. Mr. Warnsing if you are a free person in the free world and would like to submit something for possible publication
- **DO** understand, your submission is not guaranteed publication in **Kewanee Horizons**, we have internal and external guidelines that we adhere to

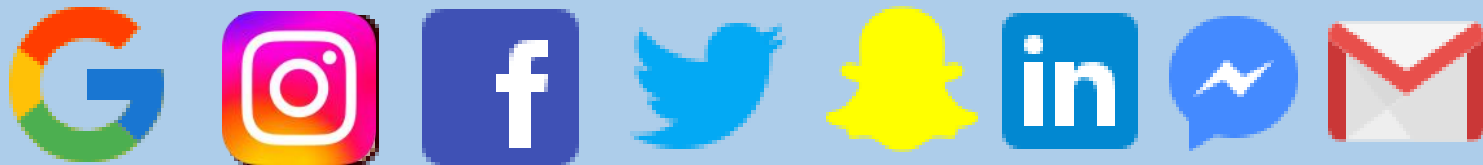
**KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!**

**[doc.kewaneehorizons@illinois.gov](mailto:doc.kewaneehorizons@illinois.gov)**

**TELL YOUR FAMILY AND FRIENDS TO SCREENSHOT THIS PAGE  
AND SHARE IT TO THEIR SOCIAL MEDIA WITH THE HASHTAG:**

**#KEWANEEHORIZONS**

**THEN LIKE AND SHARE THE POST!**



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**IDOC HOME PAGE → CLICK "ABOUT" → CLICK "NEWS"**

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Supportive  
Positive  
Open  
Knowledgeable  
Encouraging  
Non-judgmental  
Wise  
Original  
Respectful  
Dedicated

To find out more about how Spoken Word is making a difference to guys at Kewanee LSRC check out Volume 13



**KEWANEE HORIZONS VOLUME 13**

**INTRO TO REAL ESTATE:**

A **listing agent** is hired by the owner of a home to market (promote) and organize the sale of a property

A **buying agent** helps home buyers determine their buying needs, locate property, show property and purchase property

To find out more about how guys are using their time to find out about Real Estate at Kewanee LSRC check out Volume 13

